MIDWEST GASTROENTEROLOGY

816-836-2200

Colonoscopy Prep using Miralax® and Gatorade®

Afternoon Appointments

PLEASE PURCHASE THE FOLLOWING OVER-THE-COUNTER SUPPLIES AT YOUR LOCAL PHARMACY:

One (1) bottle of Miralax® 238 grams (8.3 oz.) or its generic version
One (1) 64 oz. bottle or two (2) 32 oz. bottles of Gatorade®/PowerAde®/Propel® (NO RED, ORANGE, PURPLE)
Four (4) Dulcolax® tablets or its generic version
One (1) 10 oz. bottle of Magnesium Citrate (NO RED)

AT LEAST A WEEK BEFORE YOUR PROCEDURE: Check with your prescribing doctor to make sure it is safe to take prescription blood thinners, such as Coumadin®, Plavix®, Pradaxa®, Xarelto®, Warfarin, Eliquis® or iron supplements. Please get permission to stop these **4 days prior** to your procedure.

THE DAY PRIOR TO YOUR PROCEDURE. You must follow a clear liquid diet all day.

LIQUIDS ALLOWED: Water, black coffee, apple and white grape juice, soda, tea, Kool Aid, sports drinks, lemon or lime Jell-O, chicken or beef broth, and popsicles. Click here for complete diet information.

NOT ALLOWED: Solid food, milk, alcohol, or anything RED, ORANGE OR PURPLE.

STEP 1

Mix the entire **238gm** bottle of Miralax® powder in **64 oz**. of Gatorade™ (or Powerade®/Propel®). Shake the solution until dissolved. Place solution in the refrigerator to chill. Split the mixed beverage into two **32 oz**. servings.

STEP 2

At **6:00 PM**, take two **(2)** Dulcolax® tablets with **8 oz**. of water. Swallow the tablets whole with a full glass of water.

STEP 3

At **6:00 PM**, begin drinking one **8 oz**. glass of Miralax/Gatorade solution and continue drinking one **8 oz**. glass every **15-30** minutes until you have finished the entire first **32 oz**. portion of Miralax/Gatorade. This should take you approximately **1** hour.

STEP 4

At **12:00 AM**, repeat **steps 2 and 3**. Stay near toilet. You will have diarrhea, which can be quite sudden. This is normal. The stool should eventually be a clear yellow liquid. **No food, drink or water after midnight (12:00 AM).** *If by* **2 AM** *the bowel movement is not clear, drink the 10 oz. bottle of Magnesium Citrate*

COLON CLEANSING TIPS:
Drink Miralax solution chilled.
Drink sips of the solution through a straw.
Walking will help move the solution through your body.
If you feel bloated or your stomach feels "full", drink solution slowly.
Continue drinking lots of clear liquids until midnight.
Anal skin irritation or flare of hemorrhoid inflammation may occur. If this happens, treat it with over-the-counter remedies, such as hydrocortisone cream, baby wipes, Vaseline® or Tucks® – avoid products containing alcohol.

NPO STATUS: During your procedure you will be administered either general anesthesia or heavy sedation. For your safety, it is essential you follow these guidelines:

- **No GUM, CANDY, MINTS, CIGARETTE SMOKING or TOBACCO USE 2 hours prior to your arrival time.**
- **NOTHING TO EAT OR DRINK AFTER 8.**

THE DAY OF YOUR PROCEDURE:

- If you take insulin or oral diabetic medication, you are advised to **HOLD** and **DO NOT TAKE** on the day of your procedure. Bring it with you.
- Take any routine heart, blood pressure or seizure medications with a **SMALL** sip of water at least two hours before your procedure.

YOU MUST HAVE WITH YOU:

- A responsible adult to drive you home. This individual must be present when you check-in and stay at the facility during the procedure or your procedure will be CANCELLED.
- A list of all medications you are now taking, including over-the-counter products and herbal supplements.
- A list of any allergies you have.
- If you have a Pacemaker/AICD please bring in your Pacemaker/AICD card.